

THE CATALYST GUIDE TO BREAKING THE READINESS MYTH

THE TRUTH BEHIND WHY YOU'RE READY—AND WHY YOU'VE BEEN TAUGHT YOU'RE NOT.

BREAK THE MYTH NOW

CHASITYWELLS.COM
CATALYST COACHING & TRANSFORMATION





WELCOME & WHY THIS MATTERS

You've been conditioned to believe you're not ready. But readiness is a lie designed to keep high-achieving women; especially women of color...on the sidelines.

THIS GUIDE IS FOR THE WOMAN WHO:

- Has the degrees, the drive, the lived experience...
- But still wonders if she needs more credentials, more time, or someone's approval before she leads.

If that sounds like you, here's the truth:

- ← You don't need permission. You need power.
- Tou don't need another certificate. You need clarity.

This is your guide to break free from the myth of "readiness" and step boldly into the leadership you've already earned.



THE 5 READINESS MYTHS (THAT KEEP WOMEN PLAYING SMALL)

These myths are cultural, institutional—and internal. Let's call them out.

Myth #1: You need a law degree to run for office.
Reality: Most roles require citizenship, age, and residency-not a legal degree. That's it.

Myth #2: You need more experience. Reality: Men apply when they meet 60% of the criteria. Women wait for 100%.

Myth #3: You have to feel confident first.

Reality: Confidence doesn't come before leadership-it grows through it.

Myth #4: Someone else is more qualified. Reality: You're measuring your experience against someone else's ego. Lead anyway.

Myth #5: You're too bold, too direct, too much. Reality: You're just not meant to play small.



THE READINESS REFRAME CHECKLIST

Use this checklist to shift your mindset and take aligned, courageous action this month.

Check all that apply:
I'm no longer shrinking to seem more "palatable."
I will speak when I'd normally stay quiet–even if my voice shakes.
I will take action before I feel "perfectly" prepared.
I will stop apologizing for being smart, qualified, or ambitious.
I will introduce myself without downplaying what I've done.
I will challenge self-doubt with facts: I've done the work.



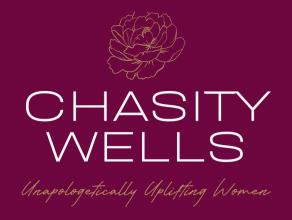
FROM REFLECTION TO MOVEMENT – TAKE YOUR NEXT STEP

You've named the myths. You've claimed the truth. Now let's move.

Here's what to do next:

- 1.Start speaking up, starting now.
 Post your truth. Lead that meeting. Step into that opportunity.
- 2. Use <u>5Calls.org</u> to take civic action today.
 You don't have to be an elected official to make a difference.
- 3. Schedule a private strategy session with Chasity.
 If you're tired of playing small and want support stepping into high-level leadership, this is the moment. April is your last opportunity to join the 6-month private coaching program before January 2026.





About Chasity Wells

Leadership Coach. First Black Mayor. Catalyst for Change.

Chasity Wells is the founder of Catalyst Coaching & Transformation and the first Black woman elected as mayor of her hometown.

A licensed social worker, public servant, and nationally respected leadership strategist, Chasity helps high-achieving women in public service rise into powerful, well-boundaried leadership-without burnout or self-doubt.

She's walked the path. She knows the barriers. And she's built a roadmap to help you rise.

ADD BUTTON: "BOOK MY STRATEGY SESSION"

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